

Asthma in adolescents and adults

- Defined as the presence of respiratory symptoms (e.g wheeze, breathlessness, cough and chest tightness), that vary over time
AND
- Excessive variation in lung function (change in FEV1 of at least 200 mL and 12% from baseline, 10-15 minutes after administration of bronchodilator.

Information Required

- Duration of symptoms
- Other co-morbidities
- Any ICU/HDU admissions
- Recent hospitalisation or ED presentation
- Medication list
- Smoking status

Investigations Required

- Spirometry
- Chest X-ray (recommended)
- Full blood Count

Fax Referrals to

FMC Outpatient Clinic Fax: (08) 8204 6105 (Clinic B)
 Noarlunga GP Plus Fax: (08) 8384 9711

Red Flags

Prompting consideration of other diagnosis

- ☞ Change of voice
- ☞ Focal wheeze
- ☞ History suggestive of aspiration
- ☞ Rapid deterioration of symptoms
- ☞ Recurrent ED presentations

Suggested GP Management

- Optimise inhaled medications
- Check inhaler technique
- Written asthma action plan
- Assess environmental allergens (e.g. pets)
- Look for other triggers- smoking, medications (NSAIDs, beta blockers)
- Appropriate control of allergic rhinitis
- Consider GERD

Clinical Resources

- National Asthma Council Australia. National Guidelines for asthma management. April 2014
<http://www.nationalasthma.org.au/handbook>

General Information to assist with referrals and the Referral templates for FMC and Noarlunga GP Plus are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients.

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2.0	August 2017	August 2019	Original